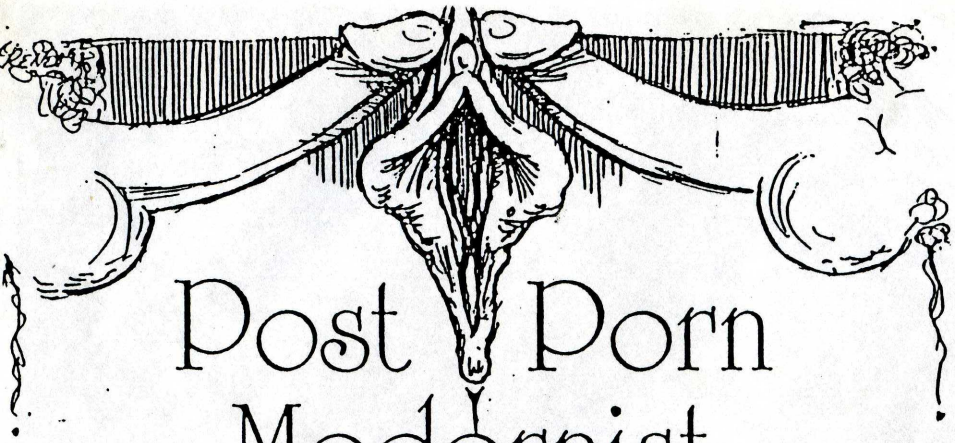
My Body is a Temple for a Multimedia Whore

An Intimate, Informal Show and Tell

Annie Sprinkle with Kimberly Silver

SOUVENIR PROGRAMME



Post Porn Modernist Manifesto

LET IT BE KNOWN to all who read these words or witness these events that a new awareness has come over the land. We of the POST PORN MODERNIST MOVEMENT face the challenge of the Rubber Age by acknowledging this moment in our personal sexual evolutions and in the sexual evolution of the planet.

Post Porn Modernists celebrate sex as the nourishing, life-giving force.

We embrace our genitals as part, not separate, from our spirits.

We utilize sexually explicit words, pictures and performances to communicate our ideas and emotions.

We denounce sexual censorship as anti-art and inhuman.

We empower ourselves by this attitude of sex-positivism.

And with this love of our sexual selves we have fun, heal the world and endure.

–Vera, June 1989

Your name (if you dare):_____

101 Uses For SEX

-Or Why SEX is So Important

by Annie Sprinkle

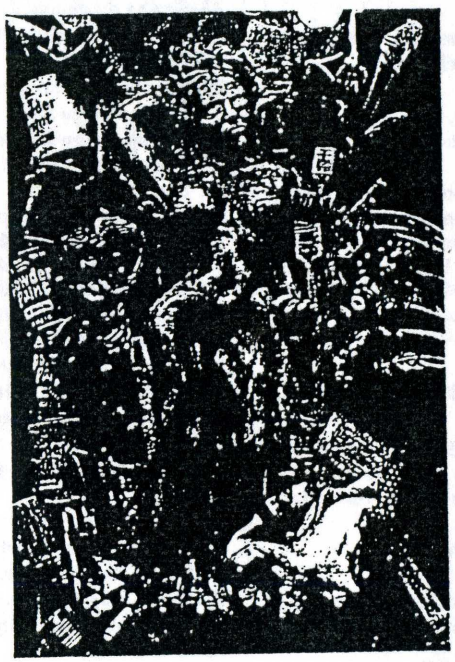
1. Sex is a sedative. It helps you go to sleep.
2. Sex to fight addictions. It helped me quit smoking.
3. Sex as a laxative. Regular sex helps you have regular shits.
4. Sex to get to know somebody. You can tell a lot about a person by fucking them.
5. Sex as a meditation.
6. Sex to relieve boredom.
7. Sex to improve concentration.
8. Sex to make money.
9. Sex to create magic. Some witches believe that the most powerful time to cast a spell is during orgasm.
10. Sex for manipulation. It can get you what you want.
11. Sex as a reward. Either to yourself or to someone else.
12. Sex for relaxation.
13. Sex for rejuvenation. It keeps you looking and feeling younger.
14. Sex to increase energy. A great pick-me-up.
15. Sex to cure an asthma attack. I saved a man's life once.
16. Sex to make you laugh. It can be hilarious.
17. Sex as a gift. A present for birthdays, anniversaries, bar mitzvahs...
18. Sex to get high.
19. Sex to achieve an altered state.
20. Sex to create life.
21. Sex for waking up. Helps get rid of that groggy feeling.
22. Sex to cure back pain.
23. Sex to keep warm in the winter.
24. Sex as a pain killer.
25. Sex as an anti-depressant. It will cheer you up.
26. Sex for stress reduction.
27. Sex as a spiritual experience.
28. Sex for excercise. It's aerobic and burns calories.
29. Sex for thrills and adventure.
30. Sex to relieve headaches. Even migraines
31. Sex as a cure for writer's block.
32. Sex as a good deed.
33. Sex as an art form. It can be very creative and a great mode of self-expression.
34. Sex to control appetite. It can be so filling.
35. Sex for cardiovascular health.
36. Sex to create intimacy...
37. Sex for vaginal health, Sexually active women have a lower rate of uterine cancer.
38. Sex as an exprission of love.
39. Sex to quell itch from mosquito bites. Apply your own sperm to afflicted areas.
40. Sex for barter. Try it for all kinds of things.
41. Sex to get in touch with emotions, like sadness.
42. Sex to cure jet lag.
43. Sex to relieve menstrual cramps.
44. Sex to clear your sinuses.
45. Sex to cure hang-overs.
46. Sex to avoid working. I can always finish this some other time....

-End-

Annie Sprinkle's Guidelines for Sex in the '90s

Abstinence can be dangerous to your health. Abstinence can cause incredible anxiety, frustration, depression, disease, violence, and a whole host of other problems. If you like sex, don't give it up. It's too precious and useful a gift.

Redefine your concept of sex. Because we are now in the AIDS era, it is essential that we let go of old ideas of how sex is "supposed to be." We have to find new ways to express sexual feelings. Learn that sex is about energy and intimacy, not necessarily about penetration. Focus on building and sharing ecstasy energy.



Accept the fact that you are living in the AIDS era. Stop complaining that sex isn't the way it used to be and that you hate latex barriers. Get over it and accept reality. Learn to love latex. Total acceptance of the reality of being in the AIDS era will get rid of fear and frustration and bring awareness and compassion. Educate yourself on safe-sex practices. Use latex barriers whenever you need to, so we can stop the spread of sexually transmitted diseases.

Let your sexual energy flow. If you've been repressing your sexuality because of the fear of AIDS, you don't need to. Realize that AIDS is caused by a virus and not caused by your sexuality (that's like saying you will go blind if you masturbate). Your sexuality will not give you AIDS. In fact, it has been scientifically proven that there are a trillion, billion, million ways to be sexual without risking any exposure to AIDS, or risking exposing someone else. Enjoy them.

Make love to the earth and the sky. Our earth and sky are painfully polluted. Make love to them, and they'll make love to you. Send them your sexual energy. They love it.

Make time for enjoying sex. If you like sex, give yourself and others the gift of loving sensual/sexual pleasure. Throw away your TV.

Do not judge yourself or others. We are all at the right place at the right time in our sexual evolution. Our sex lives, like all the parts of our lives, go through many phases. We learn from all our experiences, including our "mistakes." Allow other people their own paths. Allow yourself your own path.

Learn about the erotic powers of your breath. Sexual and orgasmic energy can be greatly intensified with deep, conscious rhythmic breathing. (It's possible to have an orgasm from breathing alone. Is this the safe sex of the future?) Rhythmic deep breathing is the best thing since the invention of the vibrator.

Take care of your body. Eat well, exercise, and pamper your body with long baths and obscenely expensive toiletries.

Know that you can choose how you want to express your sexuality—self-lovingly or self-destructively. Many people are shutting down their sexuality because they have come to realize that they had a lot of self-destructive and addictive behavior revolving around sex. But you have a choice, just like you do with what you eat. There is junk sex, health sex, and gourmet sex. Try to make nourishing choices, but if you don't, then don't beat yourself up.

—*Annie Sprinkle*

Excerpted from the book Angry Women *(RE/Search Publications, San Francisco). Copyright © 1991 by the author*

YONI MASSAGE RITUAL

By ANNIE SPRINKLE with JOSEPH KRAMER

"Our sexuality is not only something that can be used for the enhancement of an intimate relationship, for physical pleasure or for procreation. It can also be used for personal transformation, physical and emotional healing, self-realization and spiritual growth, and as a way to learn about all of life and death. A focused, sexually awakened group of women is a divine and extremely powerful force that can not only inspire each woman in that group, but has the potential to contribute to the well-being of all life on earth. That is the intention of this ritual." Annie Sprinkle

Ingredients: A warm and warmly lit room, massage table, massage oil, lubricant, ritual objects of personal meaning (photos, crystals, a paper with a written dedication, etc.), items which stimulate the senses (feathers, bells, rattles, essential oils), latex gloves, towels, a vibrator (with condoms if necessary).

I. Cast a Circle.

Call in directions, protection, guides, etc. Verbally or non verbally, state what you intend to dedicate the ritual and the energy to.

II. Coming Into the Body

- A. Massage back side of body using stretches, vibrations, glides, circles and kneading. Brush skin with finger tips. Use oil, corn starch or powder. Massage scalp. Pinch fingertips and toes. Rock her body.
- B. Repeat massage on front side.
- C. Deer Exercise-- Circle breasts outwards.
- D. Massage nipples.

III. Waking Up the Neighborhood.

- A. The Abdomen
  1. *Over Eggs Easy*-- Rub palms together in spirals to generate heat. Lay palms over her ovary area. This really generates ching chi (sexual energy).
  2. *The Womb Warmer*-- Spiral palms over uterus area.
  3. *Knocking On The G-Spot's (Heaven's) Back Door.* Press and dig fingers into the belly/bladder/g-spot . Probe really deeply, unless the woman is in her bleeding time.

(NOW PUT ON THOSE SEXY LATEX GLOVES)

IV. The Vulva--

A. *The Heart /Pussy Palm Rest*--Rest one hand over her heart, the other over her yoni. Massage the channel in between.

B. *Vibrate that Vulva*-- Place whole hand over vulva and vibrate. Vibrate her heart center with other hand.

C. *Pussy Petting*-- (Lubricate gloves, or sensually drip lube directly onto her yoni.) Pet with long slow strokes-- bottom to top, and top to bottom.

D. *Tug On Pubic Hair* (where aplicable).

E. *Open her Blossom and Blow*–Peel open the labia and blow gently into her royal pinkness.

F. *Outer Labia Lip Massage/Inner Labia Lip Masage.* Pinch the lips between your thumb and fingertips and lovingly massage. (Lip sizes will vary widely.)

G. *Tour de France.* Orbit your forefinger around between her inner and outer labia from perineum to above clitoris.

H. *Womb Drumming*-- Tap and slap her whole body, especially the inner thighs, heart center, and vulva with your fingers, as if playing a drum.

I. *The Triple Digit Pussy Pet*-- Use the three longest fingers with the middle finger gliding along outside of the vaginal opening, the other two fingers running along the place where the thigh meets the labia.

J. *The Clitoris--*

1. *A Gentle Touch and Tickle*-- Tickle clit extremely lightly.
2. *Rock Around The Clit Clock*-- With forefinger make tiny circles stopping at every one of twelve "hours".
3. *Pinch and pull.* Gently!
4. *As She Likes It*--Massage clitoris as she likes it. (Ask.)

(Be sure to incorporate massaging other areas of her body whenever possible, spreading the energy down her thighs and legs, and up her body to her third eye and out the top of her head.)

V. Internal Massage

(Ask her if she'd like you to enter her temple gates. Be aware that some women do not want to be penetrated at all.) Use lube, lube and more lube.

A. *The Temple Gate Tease*– With one finger tickle vaginal opening as lightly as possible. Make her hungry.

B. *Enter the Temple* (Keep one hand on the abdomen or heart.)

1. *Entering the Temple Gates*-- Insert forefinger ever so slowly. Hold still. Just be there. Then glide in and out. Add index finger if desired.
2. *The Four Directions.* With two fingers press firmly up/side/down/side, eight times each side.
3. *The Crescent Moon.* Insert thumb in vagina, curl palm around onto clit, fingertips are on top of pubic bone. Alternate stimulation between the three areas; the internal g-spot, the clitoris and the external g-spot/bladder.

C. *The Goddess Spot* (G-Spot)

1. *Massage entire urethral sponge*-- with one or two fingers. Circle both directions.
2. *Find her G-Spot*, which is the most sensitive spot on her urethral sponge. Communicate. (Sizes vary from shirt button size to coat button size.)
3. *The Doorbell.* Press very firmly on her g-spot like ringing a doorbell. Press/release/press...
4. *Goddess Spot Massage*--apply steady pressure and make circular motions in both directions.
   a. Add clitoral stimulation with the thumb of the other hand
   b. Alternate between g-spot stimulation and clitoral stimulation, 10 seconds each.
   c. Invite her to add kegels. It's fantastic!

D. *The Cervix.* (Some women love to have their cervix pushed against . This can be done using the tips of your fingers.

E. *Twist and Shout (AKA The Juicer.)* Using one, or more fingers, massage in and out while twisting at the wrist.

F. *The Healing Thrust*-- (Optional) Some women might need and want a good, hard, deep, vigorous penetration. Be sure to keep her relaxed. Don't let her get into a tensed body mode.

G. *Fisting.* (Optional) Some women might need and want to be fisted. Make sure she is very relaxed and breathes deeply. Fisting can be done in a very meditative, massage- like way. It works wonders to relax the whole pelvis and builds a lot of Ching chi energy. Try it with the other hand under the tail bone, or massaging the abdomen. Add Kegels.

H. *Be Here Now*-- Hold completely still while fingers, or hand is inside the yoni. Don't move, just be there, meditate

I. *Leaving The Temple*-- Withdraw fingers ever so slowly.

Cuntinued-- Page 4

VI. The Vibrator. (Be sure to use a condom on it when necessary.)

A. Vibrate the bottoms of her feet, **all her chakras,** her (mouth) lips, and her temples. Don't miss the back of her neck! Vibrate areas around her inner thighs and labia to get her accustomed to the intensity.
B. *The Door Bell.* Press/release/press/release, on clit area.
C. *Vibrate clitoris.* Some women don't like the vibrator directly on the clitoris, but to the side of it.
D. *Vibrate vaginal opening.*

VII. Spreading The Energy

Throughout the massage, take the energy from her pussy and spread it down her legs , and up her torso and head.

VIII. The Big Draw.

Remove your hands and invite her to take ten deep breaths. She holds the tenth breath while she tenses her entire body; tighten fists, flex feet, squinch up face, lift head and shoulders, roll eyes back into head. Then she totally lets go and relaxes. Stay present, don't talk or touch. Don't 'fluff the energy'. Hold the space. Bask in the afterglow. Take lots of time here. (About 15 minutes) (The Big Draw can also be done by stretching instead of clenching.)

VIIII. Sex Magic-- Visualize your preyers, wishes, desires, dedications, etc. getting sent out into the universe on the wave of energy you send up. This energy field can be experienced as an upside cone shape.

X. The Cocoon-- Flip sheet edges over feet, torso, and head.

XI. Grounding

A. Open cocoon.
B. Towel off oil.
C. Touch her shoulder, help her sit up. Support her back.
D. Speak from the heart if desired. Maintain silence if desired.
E. Visualize roots going from your bodies down into the earth.
F. Place hands on the floor/ground. Send excess energy down.

XII. Release the directions and guides. Open the circle.

XIII Take a shower, bath, hot tub, or stand under a waterfall.

May all your dreams cum true!

How to Have Energy Orgasms

by Annie Sprinkle, with Jwala

Why have energy orgasms?

Energy orgasms will clear the body of repressed emotions, old hurts, and blocks. They put a bounce in your step, give you a positive outlook, energize and yet relax the body, and balance the chakras. Energy orgasms help pre-orgasmic women to become genitally orgasmic and help genitally orgasmic women to become much more multi-orgasmic ("megagasmic"), plus they make partner sex more ecstatic and fulfilling. It's safe sex, a good substitute for harmful addictions, and a great party trick! Energy orgasms can be an extremely spiritual experience, giving you a sense of the forces of creation rushing through you, a sense of going beyond the body/mind, reminding you who you are beyond your everyday reality.

What does an energy orgasm feel like?

Incredible! Some are very strong, and some are wonderfully subtle. Generally, the more time you put into building up the energy, the more powerful the sensations. You'll experience "electricity" shooting through your entire body, hands and lips tingle, and there is a sense of release and receiving at the same time. You will feel high, euphoric, light-headed. It feels very different than a clitoral orgasm (but it can occur simultaneously with clitoral orgasm). It may feel very sexual or it may not. There are many variations of energy orgasms, just as there are many variations of clitoral orgasms.

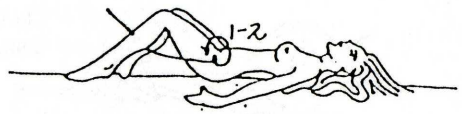
HOW TO HAVE AN ENERGY ORGASM

1. Lay down on a firm surface, i.e. hard bed, carpet, sandy beach, grass. Bend your knees up. (You can also try it standing or sitting.)

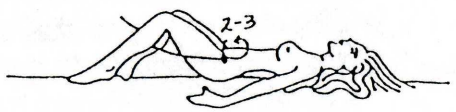
2. Take a few relaxing breaths. Empty your mind. Let go of tension. Let go of ego. Settle in.

3. Begin to take deeper breaths. Inhale through the nose and exhale through the mouth like you are blowing out birthday candles. Make it completely "circular" with no pauses between inhales and exhales.

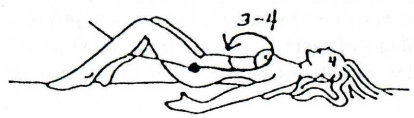
4. Rock your pelvis, arching your lower back on the inhale, flattening on the exhale. Squeeze the pubococcygeus muscles (the muscles you squeeze to stop the flow of urine) on the exhale. These squeezes can actually stimulate the clitoris and G-spot, while pumping up energy throughout your entire body. In other words, inhale while filling your belly like a balloon, exhale and flatten your back while contracting the PC muscles. Repeat continuously. Your knees may open and close like butterfly wings. Let the breathing and contractions be erotic.



5. Energy follows thought, so use your mind to begin to pull in energy from the earth/aumosphere into the perineum (the area between your anus and your pussy). Build fire in the sex center (1st and 2nd chakras). Circulate the energy back and forth. When this area is well "lit," go up to the belly area and start circulating from pussy to belly, pussy to belly (2nd and 3rd chakras)... circulate until the fire is burning stronger.

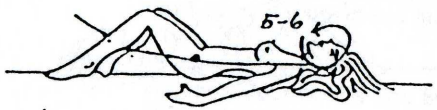


6. Go to the next level—the heart. Circulate from belly to heart, belly to heart (3rd and 4th chakras).

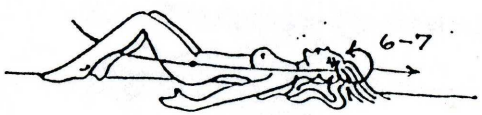


7. Now try the throat. Circulate from heart to throat, heart to throat (4th and 5th chakras). When the energy moves up, you may automatically make some sounds. If not, you can consciously make sounds, as this helps to open the throat for the energy to move up. Keep circulating between the heart and throat, until you feel the energy move up to the Third Eye.

8. Circulate the energy from throat to Third Eye, throat to Third Eye (5th and 6th chakras).



9. Circulate from the Third Eye to the top of your hed (7th chakra). At a certain point it may feel like the energy is shooting out the top of your head, like water out of a hose. Soon, you will kick into full body orgasm. Go with it. Your breathing patterns will change. You may scream, you may "melt," you may laugh hysterically, you may feel your back arch and your fists may clench. With practice you can learn to ride the waves and keep the orgasms going for a very long time.



Other things to know about energy orgasms

Be patient. At first you may not experience the orgasm part of this process. Some get it on their first try and for some it can take years. Keep practicing. Even if you don't experience the orgasm, just the breathing and energy circling alone is of great value. It will clear out blocks, so eventually the orgasm can move through you. Blocks can be experienced in many ways—crying, gagging, feeling frustrated, old memories surfacing. Just keep breathing. Visualize releasing the "old" on the exhale, ringing in the "new" on the inhale.

Energy levels will most likely rise and fall, like mercury in a thermometer. Just go back down to the area where it slipped to and start again. You'll want to tap into your sexual center when energy slips, and pump those pussy muscles regularly!

One of the most important keys to learning this technique is KNOWING that it is possible. You'll be convinced when you watch someone do it. It is best learned from someone who practices it.

If your PC muscles are out of shape or feel crampy, don't squeeze them so hard, or squeeze them every 3 or 4 breaths instead of every breath.

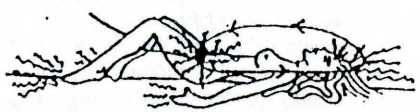
If you want to, use your hands to touch the centers where you are concentrating on sending the energy. Or circulate them above your body in a fanning motion. The hands help guide and create pathways for the energy to follow.

Some knowledge of the seven chakras is useful when learning and using this technique. Visualize the qualities of the chakras as you breathe into them. (There are many books on the chakras.)

This technique is based on the Fire Breath Orgasm, taught by Harley Swiftdeer of the Deer Tribe. According to Harley, the Cherokees would do fire breath orgasm in their ceremonies and it was an important part of sex education and healing. He has introduced this powerful tool to thousands of people. Variations of the F.B.O. are found in all the sexually knowledgeable cultures of the past, like the Tantrics and the Taoists.

Good luck! As you receive pleasure the whole universe receives pleasure through you.

Annie Sprinkle has been working as a sacred prostitute for 20 years. She is a feminist-porn-activist, artist, writer, performer, AIDS-awareness spokesperson, professional dominatrix and new age girl. She will be holding a weekend workshop on Sacred Sex in late October (see Listings).



Drawings by Leslie Barany.

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A PUBLIC CERVIX ANNOUNCEMENT

Annie Sprinkle Enters the Intervaginal Superhighway at: http://www.infi.net/~heck

Annie Sprinkle, known for showing her cervix as part of her Post-Porn Performance art is now sharing her cervix with the masses on the WorldWideWeb. This Prostitute/Porn Star turned Sex Guru/Performance Artist will take her multi-talented erotic imagination for a ride on the "Interwet".

Visitors to Annie's WebPage are welcome to view her Public Cervix Announcement, read all about how to do their own Cervix Self-Exam, how to perform a Yoni Massage Ritual, or How to Have an Energy Orgasm.

Visitors can also preview a selection from her latest project, Annie Sprinkle's Post-Modern Pin-Ups: Pleasure Activist Playing Cards, a deck of sex-positive feminist pin-up playing cards with 56 of Annie's photo portraits of pleasure activists from all over the world. Complete with biographies and colorful graphics, this project is an old concept updated for the new millennium.

Gates of Heck will constantly update the page with Annie's schedule of appearances ("Coming Events") and resume. Links to sex-positive sites on the Web as well as more playing cards will be added every week, so keep on coming!